

# Implementation

## Steps for putting your Wellness Policy into place

### 1. Brief Synopsis

- Develop your action plan or procedures
- Establish a realistic time frame for the implementation of the plan, remembering that the Wellness Policy can be a phased-in approach and does not have to be implemented all at once
- Choose an individual who is responsible for evaluating and enforcing your guidelines
- Find resources that are necessary to gain widespread approval by school staff, students, and the local community

### 2. Links of helpful information

- Action for Healthy Kids Wellness Policy Tool <http://www.actionforhealthykids.org/for-schools/wellness-policy-tool/implement-the-policy/>
- Guide to Implementing Your Local Wellness Policy <http://www.californiaprojectlean.org/doc.asp?id=168>
- Indiana Healthy Schools Toolkit provided by the Indiana State Department of Health - [http://inhealthyweight.org/files/Indiana\\_Healthy\\_Schools\\_Toolkit.pdf](http://inhealthyweight.org/files/Indiana_Healthy_Schools_Toolkit.pdf)

### 3. Strategies to overcome barriers

- Be aware of the following barriers that could exist:
  - Threat to decreased revenue from school food service, school stores, vending and fund raisers
  - Confusion about nutrition standards or food allowed under the new policy
  - Lack of time to implement
  - Complaints from parents, students, staff about the changes
  - Lack of product availability
  - Existing vending contracts and compliance
  - Lack of facilities for physical exercise
  - Lack of priority from administrators and/or teachers

#### Strategies:

- Create a “Wellness Culture” – goal of producing successful, healthy children
  - Build consensus and participation
  - Move to non-food items and physical activities as rewards
- Parents in Action – A Guide to Engaging Parents in Local School Wellness Policy [http://www.californiaprojectlean.org/docuserfiles/file/ParentsInAction\\_web.pdf](http://www.californiaprojectlean.org/docuserfiles/file/ParentsInAction_web.pdf)